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What is claimed is:

Claim 1. A low attenuation optical fiber comprising:

- a dispersion (D) of 2.0 to 14.0 ps/nm/km in absolute value over a wavelength band of 1530 to 1565nm,
- a transmission loss which remains no more than 0.25dB/km at a wavelength of 1520nm under the standard atmospheric conditions,
- wherein said transmission loss at 1520nm does not exceed 0.25dB/km after being exposed, for a sufficient period, to an atmosphere consisting substantially of hydrogen under ordinary atmospheric pressure at ordinary temperature,
- Claim 2. The low attenuation optical fiber according to Claim 1, further comprising: a dispersion slope (S) of no more than 0.15 ps/nm/km over a wavelength band of 1530 to 1565nm,
 - a polarization mode dispersion (PMD) of no more than 0.5 ps/√km; and,
 - a loss increase of no more than 40dB/m/at a wavelength of 1550nm as coiled in
 - a diameter of 20mm,
- Claim 3. The low attenuation optical fiber according to Claim 1, further comprising: an effective area (A eff) of no more than 90 μ m2 at a wavelength of 1550nm,
- Claim 4. The low attenuation optical fiber according to Claim 1, further comprising: a dispersion slope of 0.04 ps/nm/km to 0.08 ps/nm/km over a wavelength band of 1530 to 1565nm,
 - a dispersion of 6ps/nm/km 10ps/nm/km in absolute value, and an effective area of 40 μ m2 to 70 μ m2 at a wavelength of 1550nm,
- Claim 5. The low attenuation optical fiber according to Claim 1, further comprising: an effective area of no more than 90 μ m2 at a wavelength of 1550nm,
- Claim 6. The low attenuation optical fiber according to Claim 2, further comprising a dispersion slope of 0.04 ps/nm/km to 0.08 ps/nm/km over a wavelength band of/1530 to 1565nm,
 - Å dispersion of 6ps/nm/km 10ps/nm/km in absolute value, and an effective area of 40 μ m2 to 70 μ m2 at a wavelength of 1550nm,

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Claim 7. A low attenuation optical fiber comprising

- a dispersion (D) of 2.0 to 14.0 ps/nm/km in absolute value over a wavelength band of 1530 to 1565nm,
 - a transmission loss which remains no more than 0.25dB/km at a wavelength of 1520nm under the standard atmospheric conditions,
 - wherein said transmission loss at 1550nm does not exceed 0.25dB/km after being exposed, for a sufficient period, to an atmosphere consisting substantially of hydrogen under ordinary atmospheric pressure at ordinary temperature,
- Claim 8. The low attenuation optical fiber according to Claim 7, further comprising: a dispersion slope (S) of no more than 0/15 ps/nm2/km over a wavelength band of 1530 to 1565nm,
 - a polarization mode dispersion (PMD) of no more than 0.5 ps/\(\scale=\) km; and, a loss increase of no more than 40dB/m at a wavelength of 1550nm as coiled in a diameter of 20mm.
- Claim 9. The low attenuation optical fiber according to Claim 7, further comprising: an effective area (A eff) of no more than 90μ m2 at a wavelength of 1550nm,
- Claim 10. The low attenuation optical fiber according to Claim 7, further comprising: a dispersion slope/of 0.04 ps/nm/km to 0.08 ps/nm/km over a wavelength band of 1530 to 1565nm, a dispersion of 6ps/nm/km 10ps/nm/km in absolute value, and an effective area of 40 μ m2 to 70 μ m2 at a wavelength of 1550nm,
- Claim 11. The low attenuation optical fiber according to Claim 8, further comprising: an effective area of no more than 90μ m2 at a wavelength of 1550nm,
- Claim 12. The low attenuation optical fiber according to Claim 8, further comprising a/dispersion slope of 0.04 ps/nm/km to 0.08 ps/nm/km over a wavelength band of 1530 to 1565nm,
 - a dispersion of 6ps/nm/km 10ps/nm/km in absolute value, and an effective area of 40 μ m2 to 70 μ m2 at a wavelength of 1550nm,

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Claim 13. A method of hydrogen proof treatment for low-attenuation optical fibers, wherein said hydrogen proof treatment is exposure to an atmosphere consisting substantially of deuterium at ordinary temperature and takes place after a fiber drawing process.